

# NIRVANA SHATAKAM || Complete with Lyrics and Meaning || Chidananda Roopah Shivoham Shivoham

Feb 14, 2018 | [Mantras for Meditation](#) |

## Nirvana Shatakam (Complete Lyrics)

Mano Budhyahankaar Chitani Naaham, Na Cha Shrotra Jihve Na Cha Ghraana netre  
Na Cha Vyoma Bhumir Na Tejo Na Vayuh, Chidananda Rupah Shivoham Shivoham

Na Cha Praana Sanjno Na Vai Pancha Vaayuhu, Na Vaa Sapta Dhaatur Na Va Pancha Koshah  
Na Vaak Paani Paadau Na Chopasthapaayuh, Chidaananda Rupah Shivoham Shivoham

Na Me Dvesha Raagau Na Me Lobha Mohau, Mado Naiva Me Naiva Maatsarya Bhaavah  
Na Dharmo Na Chartho Na Kaamo Na Moksha, Chidaananda Rupah Shivoham Shivoham

Na Punyan Na Paapan Na Saukhyan Na Dukham, Na Mantra Na Tirthan Na Vedaah Na Yajnaah  
Aham Bhojanan Naiv Bhojyan Na Bhoktaa, Chidaananda Rupah Shivoham Shivoham

Na Mrityur Na Shanka Na Me Jaati Bhedah, Pitaa Naiva Me Naiva Maataa Na Janma  
Na Bandhur Na Mitram Guru Naiva Shishyah, Chidaananda Rupah Shivoham Shivoham

Aham Nirvikalpo Niraakaara Rupo, Vibhutvaaccha Sarvatra Sarvendriyaanaam  
Na Chaa Sangatan Naiva Muktir Na meyah Chidananda Rupah Shivoham Shivoham

## Meaning of Nirvana Shatakam

- 1) I am not mind, nor intellect, nor ego, nor the reflections of inner self. I am not the five senses. I am beyond that. I am not the ether, nor the earth, nor the fire, nor the wind (i.e. the five elements). I am indeed, That eternal knowing and bliss, Shiva, love and pure consciousness.
- 2) Neither can I be termed as energy (Praana), nor five types of breath (Vaayu), nor the seven material essences (dhaatu), nor the five coverings (panca-kosha). Neither am I the five instruments of elimination, procreation, motion, grasping, or speaking. I am indeed, That eternal knowing and bliss, Shiva, love and pure consciousness.
- 3) I have no hatred or dislike, nor affiliation or liking, nor greed, nor delusion, nor pride or haughtiness, nor feelings of envy or jealousy. I have no duty (dharma), nor any money, nor any desire (refer: kama), nor even liberation (refer: moksha). I am indeed, That eternal knowing and bliss, Shiva, love and pure consciousness.

4) I have neither virtue (punya), nor vice (paapa). I do not commit sins or good deeds, nor have happiness or sorrow, pain or pleasure. I do not need mantras, holy places, scriptures, rituals or sacrifices (yajna). I am none of the triad of the observer or one who experiences, the process of observing or experiencing, or any object being observed or experienced. I am indeed, That eternal knowing and bliss, Shiva, love and pure consciousness.

5) I do not have fear of death, as I do not have death. I have no separation from my true self, no doubt about my existence, nor have I discrimination on the basis of birth. I have no father or mother, nor did I have a birth. I am not the relative, nor the friend, nor the guru, nor the disciple. I am indeed, That eternal knowing and bliss, Shiva, love and pure consciousness.

6) I am all pervasive. I am without any attributes, and without any form. I have neither attachment to the world, nor to liberation. I have no wishes for anything because I am everything, everywhere, every time, always in equilibrium. I am indeed, That eternal knowing and bliss, Shiva, love and pure consciousness.

Copyright © 2018 Meditative Mind. All Rights Reserved.  
<http://www.meditativemind.org>